



**CALIFORNIA**

# Technician/AGR Administrative Instruction

National Guard Technicians - CAL NG Active Guard/Reserve

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**MILITARY DEPARTMENT**

**P. O. BOX 269101  
Sacramento, CA 95826-9101**

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**NUMBER**

03-26

21 May 03

## **NO EXPIRATION DATE**

### **EMPLOYEE ASSISTANCE PROGRAM**

1. There has been a change in the Employee Assistance Program (EAP) provider. The EAP is now provided by ComPsych. ComPsych has been contracted to provide assessment services for Federal technicians and their family members when help is needed. The EAP offers short-term professional and confidential counseling services. It is available to you and members of your family at no cost. This service is available 24 hours a day, seven days a week to you and your dependents. The toll-free number is **1-888-290-4EAP**. A Guidance Resource Coordinator is available any time to listen to your concerns and refer you to local resources in your home community or other expert counselors that can address your issues. Their counseling staff has years of experience in dealing with personal concerns and life issues, including:

#### **PERSONAL CONCERNS:**

Family and parenting conflicts  
Job pressures  
Depression

Stress and anxiety  
Alcohol/drug abuse  
Grief and loss

#### **FINANCIAL CONCERNS:**

Saving for college  
Retirement Planning  
Credit cards or loans

Getting out of debt  
Tax questions  
Estate planning

#### **FAMILY CONCERNS:**

Choosing day care  
Purchasing a car  
Locating to a new city

Finding elder care  
Repairing your home

**LEGAL CONCERNS:**

Divorce and family law  
Debt obligations  
Real estate transactions

Bankruptcy  
Contracts  
Landlord and tenant issues

2. The EAP Guidance Resources Online gives you solutions and answers to the issues that matter to you. Go online anytime you need trusted expert information, resources, or referrals and get helpful answers to your questions quickly and easily. Just go to [www.GuidanceResources.com](http://www.GuidanceResources.com) and enter the California National Guard identification **FEDSOURCE** and let the experts work for you.

3. Brochures and information on EAP for employees and managers will be mailed to all the Remote Designees or you may contact Nancy Hamilton, Employee Relations Specialist at CAGNET 63411, DSN 466-3411, or (916) 854-3411 to request a brochure.

FOR THE ADJUTANT GENERAL:

STUART D. EWING  
First Lieutenant, CA ANG  
Human Resources Management Specialist

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